



Reduce your risk of falls by

Improving

balance, muscle strength, flexibility and mobility through

coordinated movements in a slow, circular, flowing motion.

Relax and have fun with Tai Chi!

On-site classes

Date: Starts Monday, August 29, 2022

Times: 8-9 AM, 10-11 AM, 1-2 PM or 2-3 PM

Location: Every Monday & Thursday, for 12 weeks. On-site classes are held at Waseca Area Caregiver facility. 113 2nd Street NE, Waseca, MN

Attire: Wear comfortable, cotton exercise clothing; dress light

Cost: Donations Accepted

Teachers: Kelly Boeddeker, Beth Stankiewicz, Shanna Peoble

Prerequisites: No experience necessary! These exercises can be done in an armless chair or with support of a chair.

To Register: please Stop in at 113 2nd St. SE Waseca MN 56093, call 507-833-0015 or email at wasecacs@outlook.com



Waseca Area Caregiver Services 113 2nd St. SE, Waseca, MN Phone 507-833-0015